



Chit Chat

Sullivan County

Volume 17, Issue 1

From the County Manager, Jessie Levine

Employees may have heard that Sullivan County Commissioner Ethel Jarvis suffered a stroke at her home in early March. Although Ethel is currently at SCHC, she remains committed to her role as Commissioner. Proof that Ethel won't let anything get in the way of her duties as clerk of the Board of Commissioners: when Dodi Violette visited her in the hospital, Ethel asked if Dodi had brought any papers for her to sign. We all wish Ethel a speedy recovery. In the meantime, cards can be sent to Ethel at Sullivan County Health Care, 5 Nursing Home Drive, Unity, NH 03743.

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SCHC COMMUNITY DEVELOPMENT UPDATE

Happy Spring Everyone! We still have snow on the ground but the calendar says it is Spring Time! Even with all of the snow storms there were very few attendance issues relating to weather. Thank you all for your commitment and dedication to our residents.

The Annual Valentines Dessert Buffet held on February 15th was great fun. Residents and family members enjoyed the wonderful treats that our Dietary Staff provide. I received many comments from families on how pleased they were with the event and how caring our staff is.

On February 28th we had our Networking Breakfast for Health

Care Providers within Sullivan County and bordering Vermont that we interface with. Peter Wright, the new CEO of Valley Regional Hospital spoke about health care issues that affect residents of Sullivan County and provided updates on goals/planning at Valley.

Spring also marks budget season. Our County Manager, Jessie Levine will be presenting the County Budget to the Commissioners on April 7th. From there, County Department heads will review their budgets with the Commissioners and Executive Finance Committee of the Delegation before the FY15 budget is approved (usually before the beginning of the fiscal year, July 1st)



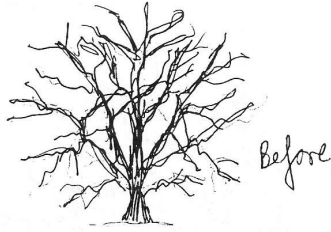
The implementation of Orders Administration and progress notes on our electronic medical record has proceeded very well. The next phase will include completing resident assessments on the computer also.

Respectfully,

Ted J. Purdy,
Administrator
Sullivan County Health Care

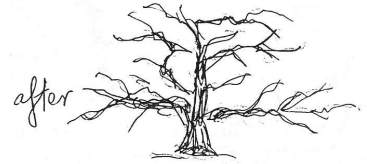
From the Department of Natural Resources

The Natural Resources Department invites county employees to attend 2 free workshops at the County Complex in Unity:



Apple Tree Pruning Demonstration: An apple tree pruning demonstration will take place on Saturday April 19 from 10AM to 12PM at the county orchard behind the Sanders Building. The local pruning family of Stan McCumber, Jenny Wright and Vanessa Keith will demonstrate how to rejuvenate old and/or neglected apple trees through pruning. There will also be a demonstration of how to care for young fruit trees (apples and pears), including pruning, training and protecting from the in-

sects and rodents that attack young trees. We will meet at 10am in the Ahern Building parking lot and then walk up to the orchard. The ground will be wet – please wear appropriate shoes.



May Birding Walks: Experienced birder Stan McCumber will be leading 3 morning birding walks in and around the County Farm. The 2-hour walks will take place from 7-9 am on the first 3 Saturdays in May: May 3rd, May 10th, and May 17th. Many bird species will be seen and heard, including grassland specialists like Bobolinks and Eastern Bluebirds. The walks will leave from the Ahern Building parking lot at 7 am sharp – please wear sturdy shoes and outdoor clothing.

There is no cost for either event, but you must register in advance. Please call or email Natural Resources Director Lionel Chute: 542-4891 (or simply ext 326 if calling from an inside phone line), or lcchute@sullivancountynh.gov.



Sullivan County Conservation District 2014 Plant Sale

The 2014 Plant Sale of the Sullivan County Conservation District is underway. A variety of hardy plants are available at good prices, including fruits (apples, pears, blueberries, strawberries, raspberries, and peaches), perennial vegetables, (asparagus and horseradish), hardwood and softwood trees, and wild-life plants. New items this year include Northern White Cedar, Silver Maple, American Mountain Ash, northern-grown Red Bud, American Hazelnut, Beach Plum, 2 varieties of pears, Concord Grape vines, and several tools for backyard composting and water collection.

Orders are being taken until Friday, April 4th and plant pick up will be in front of the Ahern Building at the County Complex in

Unity on Saturday, May 3th. A link to the Plant Sale catalog and order form are on the front page of the Sullivan County website (www.sullivancounty.gov). Paper copies of the order form are also available from Sam at Human Resources (in the Stearns Building). Completed orders can be brought to Lionel at Natural Resources (in the Sanders Building), or mailed to 95 County Farm Rd., Unity, NH 03743. For more information, call or email Lionel Chute at 542-4891, or

lcchute@sullivancountynh.gov.





2014 PLANT ORDER FORM
SULLIVAN COUNTY CONSERVATION DISTRICT
 95 County Farm Rd., Unity, NH 03743 Tel. 542-4891 Fax 863-2829

Order Number _____

SCCD Use Only

Name _____

Address _____

Town _____ State _____ Zip _____

Phone (home) _____ (work) _____

Please make checks payable to SCCD (sorry, no credit cards) and send order to:
 Sullivan County Conservation District
 95 County Farm Rd, Unity, NH 03743
 Questions? Contact Lionel at 542-4891 or
conservationdistrict@sullivancountynh.gov

❖ THE DEADLINE FOR PLACING ORDERS IS FRIDAY, APRIL 4, 2014 ❖

Species	Size at Purchase	Price each	Quantity Price	Number Requested	Total Cost
FRUIT TREES & BERRIES					
*Apple, <i>Fuji</i> , EMLA 7 rootstock, semi-dwarf	4-6'	\$19.00			
*Apple, <i>Gala</i> , Bud 118 rootstock, semi-standard	4-6'	\$19.00			
*Pear, <i>Harrow Sweet</i> , OHF97 rootstock, semi-standard	4-6'	\$20.00			
*Pear, <i>Blake's Pride</i> , OHF97 rootstock, semi-standard	4-6'	\$19.00			
Peach, <i>Reliance</i> , Lovell rootstock	4-6'	\$18.00			
Peach, <i>Madison</i> , Bailey rootstock	4-6'	\$18.00			
Grape, <i>Concord Blue</i> , vine	10-16"	\$ 6.00			
*Blueberry, <i>Patriot</i> , 2yr. transplant	18-24"	\$13.00			
*Blueberry, <i>Blue Crop</i> , 2yr. transplant	18-24"	\$13.00			
*Blueberry, <i>Jersey</i> , 2yr. transplant	18-24"	\$13.00			
Raspberry, <i>Boyne</i>	Canes	\$3.00	5 for \$12.50		
Raspberry, <i>Killarney</i>	Canes	\$3.00	5 for \$12.50		
Raspberry, <i>Caroline</i>	Canes	\$3.00	5 for \$12.50		
Strawberry, <i>Earliglow</i>	Crowns	N/A	25 for \$8		
Strawberry, <i>Sparkle</i>	Crowns	N/A	25 for \$8		
Beach Plum	1-2'	\$4.00	5 for \$16		
PERENNIAL VEGETABLES					
Horseradish, <i>Big Top</i>	Roots	\$4.00			
Asparagus, <i>Jersey Supreme</i>	Roots	N/A	25 for \$14		
WILDLIFE PLANTS					
Silky Dogwood (<i>Cornus amomum</i>)	36-48"	\$3.00	5 for \$12.50		
Shadblow Serviceberry (<i>Amelanchier canadensis</i>)	24-36"	\$2.50	5 for \$10		
Washington Hawthorn (<i>Crataegus phaenopyrum</i>)	24-30"	\$2.50	5 for \$10		
American Hazelnut (<i>Corylus americana</i>)	12"	\$4.00	5 for \$15		
TOTAL PAGE 1					\$

* Needs a pollinator. Plant at least two different varieties for cross-pollination.

Species	Purchase Size	Price each	Quantity Price	Number Requested	Total Cost
TREES/ORNAMENTALS					
Northern White Cedar (<i>Thuja occidentalis</i>), 4 yrs	15-20"	\$2.50	5 for \$10		
Balsam Fir (<i>Abies balsamea</i>), 5 yrs	10-18"	\$3.00	5 for \$12.50		
Fraser Fir (<i>Abies fraseri</i>), 5 yrs	10-18"	\$3.00	5 for \$12.50		
Silver Maple (<i>Acer saccharinum</i>)	24-36"	\$2.50	5 for \$10 10 for \$15		
American Mountain Ash (<i>Sorbus americana</i>)	2-3' (potted)	\$15.00			
Red Bud (<i>Cercis canadensis</i>)	2-3' (potted)	\$25.00			
TOOLS FOR COMPOSTING AND RAIN COLLECTION					
Kitchen Pail for food scraps	2 gallon capacity, with lid	\$12.00			
Compost Turner		\$22.00			
Earth Machine Composter	80 gallon capacity	\$55.00			
System Rain Barrel	55 gallon capacity	\$70.00			
TOTAL THIS PAGE					\$
TOTAL AMOUNT ENCLOSED					\$

Plant pickup will be at the Ahern Building of the Sullivan County Complex in Unity NH on

Saturday May 3rd, 2014, 10 AM - 2 PM

A postcard reminder for pickup will be sent one week prior to pickup date.

Orders received after Friday, April 4th will be filled if stock is available.

THANK YOU!





You Can Help

First Aid for the Brain

Have you ever said to yourself, "I wish there was something I could do" when faced with someone in an emotional or mental health crisis? Would you know what to do if someone in crisis asked you for help?

Come to our free workshop and learn what you can do in a crisis and help prevent suicide in our community. This workshop is open to everyone, including:

- * Educators, camp counselors, and childcare providers
- Emergency Management Technician and other emergency workers
- Home health nurses and elderly support workers
- Caregivers at all ages and stages of life
- Shelter and food shelf volunteers and other support service providers

The hour-long training will give you skills to be more comfortable, confident, and able to make a difference for a friend, family member...or even a stranger in need. We will also discuss ways to improve our community response to people in crisis.

The workshop is free and refreshments will be provided. Register today!

April 10, 2014, 8:00-10:00 am

**Sugar River Bank Community Room
10 North Main Street, Newport**

Register at PreventionWorksNH.org or contact
btaylor@sullivancountynh.gov * 802-356-9353



Sponsored by Communities United Regional Network and the Greater Sullivan County Public Health Network with support from SAMHSA.



News from your Greater Sullivan County Public Health Network and Medical Reserve Corps!

April 6 – 12th is National Volunteer Week! We would like to take the time to recognize and THANK all of our wonderful MRC Volunteers who have helped the region to stay healthy and safe. We are especially proud of our members from the Colby Sawyer College MRC Club which was started this year by our Intern and Graduate of Colby Sawyer College, Kaho Onomichi. Kaho's effort to host the Walk New London Diabetes Project this past November has earned our MRC Unit a spotlight in the National Newsletter called IN TOUCH, which is published by the US Office of the Surgeon General! In addition, Kaho will present about her project at the National Preparedness Emergency Response and Recovery Consortium in Orlando, FL this April. Way to go!

We would also like to thank Chris Smith, our Coordinator, for his work developing training programs for both the Greater Sullivan County MRC Unit and the Upper Valley MRC Unit!

If you would like more information about becoming a part of our amazing Medical Reserve Corps, give Jessica a call at 603-398-2222 or email: mrc@sullivancountynh.gov. We are also on Twitter: @GSCMRC, and on Facebook! @GSCPHN. Below is the article that was featured in IN TOUCH:

WINTER 2014



MRC Volunteers Host Walkathon in Honor of Diabetes Awareness Month

On Nov. 10, the Colby-Sawyer College MRC Club, an affiliate of the Greater Sullivan County MRC (NH), organized the "Walk New London Diabetes Project," a public walkathon in honor of Diabetes Awareness Month.



Colby-Sawyer MRC Club volunteers

The walkathon was created to encourage healthy lifestyle initiatives, and brought together students and the greater New

London community. The MRC also raised funds for the American Diabetes Association at the event.

Approximately 20 Colby-Sawyer College MRC Club members organized the Walk New London event, and 15 members volunteered the day of the event. The event drew over 50 college and community members to participate in the three-mile walk. During the walk, MRC members were stationed along the route to provide water and encouragement, and welcomed participants at the end with a hand printing and photo session.

Community members were especially thankful that the Colby-Sawyer College MRC Club brought this event to the New London community. Laurie Stadler and her family participated in the walk in support of daughter Addy. "As parents to a daughter recently diagnosed with diabetes, we are eternally grateful to [Colby-Sawyer

College MRC Club President] Kaho and her peers for taking the initiative to help spread awareness of and support diabetes," said Laurie. "It was a great way to bridge the community with the college and we are sure it will be bigger and better next year."

As an affiliate of the Greater Sullivan County MRC, the Colby-Sawyer College MRC Club was formed when Kaho Onomichi, an international student from Japan, interned with the Greater Sullivan County MRC office in summer 2013 and started the MRC Club at Colby-Sawyer College. Collaborative work with college students can be one of the most effective and successful means to increase MRC volunteers in a sustainable manner. As such, 43 students joined the MRC Club upon its formation. These club members later voted to become actual MRC members, doubling the Greater Sullivan County MRC's membership. The Walk New London event was the first event for the Colby-Sawyer College MRC Club, and members are looking forward to hosting a second community walkathon.



Community participants in the walkathon

PREVENTIONWORKSNH.ORG

Vol 5: No. 1



Talk early and often!

PATHS TO PREVENTION

Make a plan to talk with your family today

You can help keep your teen on a healthier path. Talk with them today!

Did you know? 90% of all adults who are addicted to alcohol, tobacco or another drug began using that drug before the age of 18.

Unfortunately, more than one in ten teens have their first drink of alcohol (beyond a few sips) before turning 13, and more than three in ten high school students report drinking in the past thirty days. This early drinking can lead to car accidents, unwanted sexual activity and countless small and large impacts on memory and concentration.

These effects show on the playing field, in the classroom, and on the road—and can hurt your teen's chances of a healthy future. But you can help prevent these problems.

- Tell your child that most Sullivan County teens are *not* using. Around six in ten of our high school students did not use alcohol in the past thirty days.
- When kids asked if you used alcohol and other drugs as a teen, be honest. Tell them about the lessons you learned, and that science has learned a lot more about the negative effects of alcohol since your teen years.
- Set clear rules and consequences for your child if they're caught with alcohol or other drugs, and stick to them if they're violated. Keep punishments consistent and realistic.
- Remind your child that you love them and you want them to have a bright, healthy future. You can make the difference!

Knowledge is power!

FACT Sheet

Where Are Teens Who Drink Getting Alcohol?

In spring 2013, we asked kids who drank in the past 30 days where they got the alcohol they drank. More than forty percent of Sullivan County teens said they were 'given' alcohol to drink. This means:

- Local businesses are doing a good job keeping alcohol from teens.
- Teens are relying on friends, family and parties to get alcohol.
- You can make a difference. Always make sure you know where your teens are going and who they'll be with. Call parents before a party or gathering and tell them that you don't want them serving alcohol, and never serve alcohol to teens yourself. Not only is it harmful to teens, it can lead to fines and jail time. If your teens have older siblings, talk to them too.
- Remind your teens that you don't want them drinking. Teens whose parents talk with them about the risks of alcohol are almost 60 percent less likely to drink. If you're having trouble starting the conversation, visit PreventionWorksNH.org for tips.

United Way of
Sullivan County

PO Box 237
Newport, NH 03773
tel 603.543.0121
www.scsunitedway.org

Please support United Way of Sullivan County

Named 2013 Non Profit of the Year - Greater Claremont Chamber of Commerce



2013-2014 Annual Campaign

UWSC Board of Directors

Beth McAllister
Sturm Ruger

Terri Crato
Sugar River Bank

Tamsha Shute
Claremont Savings Bank

Jodi Hoyt
Lake Sunapee Bank

Sherris Curtis
Sullivan County Home

Vicki Corliss
Claremont Savings Bank

Mary Patria
Connecticut River Bank

Micky Blair, Retired
Conn. Valley Home Care

Member Agencies

Big Brothers/Big Sisters
Headroft

Turning Points Network
Conn Valley Home Care

Lake Sunapee VNA
Road to Independence

White Mtn Child Care
Claremont Soup Kitchen

The Orchard School
Charlestown Senior Center

Millie's Place
NH Legal Assistance

FEMA Supported Agencies

Claremont Soup Kitchen
Turning Pt Network

**Please help us to continue to support our community partners
who provide essential services to our less fortunate neighbors.**

Your contribution to United Way of Sullivan County is crucial as we struggle to meet the ever growing needs of our human service community partners. Thank you for anything you can do to support our friends and neighbors.

Literally thousands of community members benefit from your donation.

Without the support of United Way of Sullivan County these vital programs will struggle to provide assistance to those less fortunate.

United Way of Sullivan County is committed to serving our community by:

SUPPORTING our member agencies

COLLECTING and distributing over 8,000 articles of warm clothing in the community

CO-SPONSORING Dancing with the Newport Stars to enhance our investment to our member agencies

PARTNERING to provide funding for community investment project

SPONSORING 211 Call Resource Network

DISTRIBUTING Family Wise Prescription Cards to those who are uninsured

ADMINISTERING Emergency Food and Shelter funds to agencies in Sullivan County

But we can't accomplish this ambitious mission without you!
We need your continued valuable support.

Remember, every contribution received benefits OUR community.
Together, we can achieve results that no one can accomplish alone.

Thank You

Dawn M. Ranney

Dawn M. Ranney, Executive Director
United Way of Sullivan County

GIVE. ADVOCATE. VOLUNTEER.

Please remember that even if you are already participating, you must complete a new form each year!



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First Name										Last Name									
Number & Street Address										City									
Company Name										Location/Department									
Social Security Number (optional)										E-Mail Address									

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Commissioners Calendar of Events

April – National County Government. Visit the County’s website Calendar page for program and event details: www.sullivancountynh.gov

- **Apr 4th, Fri. 10 AM** – New Hampshire Association of Counties (NHAC) Executive Committee. Location: Concord, Primex Building
- **Apr 4th, Fri.** Conservation District Plant Sale Order Deadline. View order form at the County’s website or contact Lionel Chute Ext. 542-4891
- **Apr 7th, Mon. 9 AM** - Commissioners' Regular Business Meeting. Location: Newport, 14 Main Street, Commissioners Conference Room
- **Apr 7th, Mon. 12 Noon** – Sullivan County Criminal Justice Coordinating Committee. Location: Newport, County Complex, Commissioners Conf. Rm.
- **Apr 7th, Mon. 12 Noon** – Conservation District Meeting. Location: Unity, County Complex, Ahern Building
- **Apr 9th, Wed. 9AM – 6 PM.** Mobile Vet Center. Location: Claremont, NH - American Legion
- **Apr 10th, Thu 8 AM – 10 AM.** Mental Health First Response Training. Newport NH, Sugar River Bank Community Room. Visit www.preventionworksnh.org for event details
- **Apr. 19th, Sat. 10 AM – 12 PM.** Natural Resources Tree Pruning Demonstration. Location: Unity, NH – County Complex
- **Apr 21st, Mon. 3 PM** - Commissioners' Meeting. Location: Unity, County Complex, Sullivan County Health Care, Frank Smith Living Room
- **Apr 21st, Mon. 4:30 PM** – Biomass Ribbon Cutting. Location: Unity, County Complex: Ahern Building – Upper Parking Lot
- **Apr 26th, Sat.** Prescription Drug Take-Back Day. Visit www.dea.gov for a drop off location near you.
- **Apr 28th, Mon. 9AM – 3PM,** County Job Fair & Volunteer Recruitment Day. Location: Newport, County Complex, 14 Main Street, 3rd Floor Probate Court Room
- **Apr 29th, Tue.** Communities United Regional Conference on Prescription Drug & Heroin Use. Location: Claremont, Common Man Restaurant
- **May 26th, Monday** Newport County-State Complex Closed
- **May 5th, Mon. 3 PM** - Commissioners' Meeting. Location: Newport, County Complex, 14 Main Street, Commissioners Conference Room
- **May 19th, Mon. 3 PM** - Commissioners' Meeting. Location: Unity, County Complex, Sullivan County Health Care, Frank Smith Living Room
- **Jun 2nd, Mon. 3 PM** - Commissioners' Meeting. Location: Newport, County Complex, 14 Main Street, Commissioners Conference Room
- **Jun 16th, Mon. 3 PM** - Commissioners' Meeting. Location: Unity, County Complex, Sullivan County Health Care, Frank Smith Living Room

